Elements of Shadow

The more one seeks to turn away from the chaotic energy of this world. Creates an opening for peace to enter one's life. As a receptive mind is open to the concept of expanded awareness. For the external world's distractions, only increase an individual's desire for meaningful change. Since the mind naturally seeks to expand its comprehension of the world it inhabits. Clarity of thought helps to provide a deeper understanding of oneself and the physical world. Cutting through distractions with a grounded sense of logic. A shift of focus, creating the change required for new ways of thinking. So long as one is open to exploring avenues of thought that are unfamiliar. The path is open to a deeper understanding of life's hidden mysteries. For the mind that strives to refine itself; for the sake of expanding the scope of its knowledge. Will no longer find itself restrained by the shackles of ignorance.

For it has freed itself of the limitations that have restricted it in the past. As an eager mind, undaunted by the obstacles that obscure its path. Will find a way to rise above the circumstances of the present. So long as one's mind is focused upon the outcome, each step proves less of a burden. For a gradual refinement of the mind's lesser qualities. Contributes toward the growth of the individual. A genuine test of one's intention to forge ahead. A determination to experience firsthand, the hard-earned fruits of one's labours. Should the undertaking prove worthy of one's time and effort. Given what one has sacrificed to reach the mountain's summit. Each step of the journey compelling the individual to maintain a fortified state of mind. As a mind that's grounded, proves far harder to uproot. Since a balanced mindset is conscious of threats to its serenity.

Nevertheless, life often proves to be unpredictable. The foundations one builds upon today, may very well crack apart tomorrow. Recognition of life's fleeting

nature, and the sense of despair that accompanies loss. Helps one to appreciate the times of prosperity while they last. The sense of uncertainty that's inextricably linked to existence. Is something that everyone wrestles with at some point in life. As it looms like a shadow over every aspect of existence. Unless one is conscious of its presence. One can easily fall prey, through the folly of reckless action. As an absence of foresight can lead to all manner of strife. A moment of impulsive action can easily disturb the flow of tranquil thoughts. Disruptive thoughts, manifesting in the form of reckless behaviour. Without addressing the root cause of the problem. An individual is essentially fighting one's shadow, without being conscious of it.